

### Lose to win!

Do you wish to be slimmer and lighter? You are not alone. It seems everyone wants to *lose* weight to *win* the battle of the bulge. How do you win? When you weigh less, you will look better, feel better and be healthier. Also, you will win because your chances of developing diabetes, heart disease, or hypertension will be reduced.

Your daily food intake and your level of physical activity are closely-linked factors in weight control. Food is required in order to carry out all physical activities such as walking, running and even eating. However, if you eat more food than your body needs, the excess food is just stored as fat in your body. Overweight, in most cases, is caused by this imbalance between your daily food intake and your daily amount of physical activity.

Whether your goal is to prevent weight gain or to lose weight, *Lose to win!* is designed to help you.

### Consult your physician

Weight control is an individual problem. You should *consult your physician* before starting a weight reduction program. Your doctor can suggest a desirable weight for you, as well as the number of calories and the amount and type of activity you need every day.

### Fad diets

*Fad diets* usually fail! Diets such as the grapefruit or the formula diet are eventually so boring that you look upon them as only brief interruptions in the normal way you eat. When you tire of the "special formula," the tendency is to return to your regular meal pattern. You still have not learned to select

foods that suit your own needs. Although you may lose weight with a fad diet, you probably will not get the necessary amount of vitamins and minerals.

### How many calories?

Ideally, you should lose only one to two pounds a week. Since one pound is equivalent to 3,500 calories, your intake should be reduced by 500 calories per day in order to lose one pound per week. Unless your physician recommends a special diet, you can safely use *Canada's Food Guide* as the basis for your choice of foods. By properly selecting items from each of the groups in the Guide, your meals can provide as few as 1,200 - 1,600 calories per day.





## Canada's Food Guide

If you enjoy good food, *Canada's Food Guide* provides a flexible, reliable plan for food selection to suit all health situations — including overweight. Meal choices from the following groups will supply you with all your daily food needs:

Milk — Adolescents	4 cups
Adults	1½ cups
Fruits and Vegetables	5 servings
Whole Grain or Enriched Cereals and Bread	3 servings
Meat, Fish, Poultry or Alternates (eggs, cheese, dried beans or peas)	2 servings



Here are some suggestions that may help you control the number of calories you eat every day:

### 1. Smaller servings

You can keep the variety in your meals by eating the same foods but a smaller quantity of each. Make a habit of eating meals with smaller servings. Use smaller plates and leave the table before you eat "just a little bit more." Eventually, you will find that smaller servings satisfy you.

### 2. Low calorie cooking

Cooking methods are important. For weight watchers, roasting, braising, baking and broiling, rather than frying, are the best methods. Extra calories are in batters, bread coatings or stuffing.

### 3. Milk and cheese

Choose *skim milk* rather than whole milk, and look for cheese made of skim milk. Remember, too, that buttermilk is low in calories.

### 4. Fruits and vegetables

All kinds of *fruits and vegetables* — including potatoes — whether they are fresh, frozen or canned, raw or cooked, may be eaten by the weight watcher. There are many vegetables which might be called a "dieter's delight." Green and yellow beans, cabbage, cauliflower, celery, cucumber, lettuce, mushrooms, onions, green pepper, radishes, spinach and tomatoes can be used liberally in a reducer's diet.

### 5. Bread and cereals

*Bread and cereals* should be eaten since they

supply necessary vitamins and minerals. Choose whole grain or enriched breads and cereals, rather than raisin or fruit loaves or sugar-coated cereals.

### 6. Meat and fish

Some of the leanest *meats* are poultry, veal, lean beef, liver, tongue and heart. When you eat fish you may choose cod, haddock, sole, perch, bass or shellfish.

### 7. Fats

Watch the amount of *fats* in your food. An ounce of fat has more than twice as many calories as an ounce of sugar or starch. Be especially careful of the butter or margarine you spread on bread or vegetables — and the sour cream, sauces, or gravies you use on potatoes, meats or fish. Watch the amount of salad dressing you put on fruits or vegetables. Remove the visible fats from meat. Avoid the hidden fat in such foods as salmon and tuna, prepared meats, chocolate, olives and pastry.

### 8. Extras

Even among *relishes*, you can find some that are almost without calories, such as dill and sour pickles, catsup and mustard.

### 9. Beverages

Common non-fattening *beverages* are clear tea, black coffee and clear broths (bouillon and consommé).

### 10. Desserts

For *desserts*, you will be wise to stick mainly to fresh, frozen or canned fruit. Combine a variety of

fruits into a delectable fruit cup. Sprinkle a luscious melon wedge with lime juice and garnish with a sprig of mint. You can add zip to yogurt with chunks of fruit, or use it as a dip for apple slices or other finger fruits.

### 11. Snacks

If you feel you must eat between meals, remember that all snack items must be considered a part of the day's total food intake. Make your snack a *mini-meal* by choosing tangy grapefruit or orange sections, a frosty glass of skim milk, or a tempting cottage cheese and chopped green pepper salad.

### 12. Variety

Include foods from *all* the food groups listed in *Canada's Food Guide*. This will give you a wide choice in planning meals and will ensure that you are getting all the necessary vitamins and minerals.

